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FEBRUARY 24, 2023 | VOLUME 14 | ISSUE 5

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PLEASE BUY ONLY FROM BADGED VENDORS.

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**BEVERLY
BOSS**
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GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.



Madras Masala Indian Restaurant in 2020.
Photo credit: Amy Cantu.

A memory train to Madras Masala.
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THIS PAPER WAS BOUGHT FROM



@groundcovernews, include vendor name and vendor #

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Homeless Awareness Group

Mondays, January 31 - February 13, 7pm

YDC MICHIGAN QUESTIONER

On the street and

This group meets weekly to focus on the homeless crisis in our community. We will have discussions, readings, and activities to raise awareness of the complexities of living without stable housing. Opportunities will be available for participants to engage in activities designed to help individuals experiencing homelessness. Program will be led by Lior Korta, former educator and experienced homeless resident who is passionate about bringing awareness of the homelessness crisis to our community.

YPSILANTI DISTRICT LIBRARY

GROUNDCOVER NEWS

CREATING OPPORTUNITY AND A VOICE FOR LOW-INCOME PEOPLE WHILE TAKING ACTION TO END HOMELESSNESS AND POVERTY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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1/4	\$200.00	\$265.00	5 X 6.25
1/2	\$375.00	\$500.00	5 X 13 or 10.25 X 6.5
full page	\$650.00	\$900.00	10.25 X 13

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Additional **20%** discount for money saving coupons

MEET YOUR VENDOR



Beverly Boss, vendor No. 583

In one sentence, who are you?
I am a kind, caring and outgoing person.

Where do you usually sell Groundcover News?
Liberty and State Street.

What is your favorite thing to do in Ann Arbor?
Go to the park.

Why did you start selling Groundcover?
To help get news out there about the homeless and better help the community.

What words do you live by?
You only have one life to live; live happy.

What is something someone on the street wouldn't know?
I was in foster care.

What are you most likely to be famous for?
Helping others.

What's the best way to start the day?
Coffee!

What is a small thing that makes your day better?
People with a positive attitude.

What would be the first thing you did if you won the lottery?
Help the homeless.

What would YOU ask?

If you have a question or issue you would like Groundcover vendors to discuss, email us at contact@groundcovernews.com

We will be featuring vendor responses in future issues.

Slavehood

LA SHAWN CARLISLE
Groundcover vendor

It is said that I have the spirit of a slave

That's because I do
That's because I am

I'm a slave to obeying the Lord Jesus Christ!

I'm a slave also to other things

Like living my life to my greatest potential
While being loving to my neighbors,
as I know that some of them despise, even hate me

I'm a slave to my lost family

By existing systems in another form

Like back in the old days of slavery
My family has been dissimilated, scattered, broken,
torn
in both their bodies and minds
I'm still a slave even in these

Even as I know better

Yet, I gave, give in to lies

Spoken By?

It doesn't matter who

Where, when, do I get up
Where, when, can I come down
Most likely the last thing,
I ever thought I would phantom
My words today and hopefully
not lived
Will be latter

That's the real
The only truths that matter!!

So, I as a modern day slave
speak them through my pen!!

If I must speak, say them with my voice,
I speak them vociferously

If you call or think me loud

That's your dilemma, problem!

It has not one thing to do with ME!

I might be a slave,
Only in my body!!

If you can not, do not, understand this
I only gather that you must not have met, KNOW ME!!

The wisdom of the body can teach, lead and heal

I am learning to tune in to the wisdom of the body with practicing a natural breath. It begins with good posture and awareness of the breath. If you can complete 21 deep breaths you are now a champion on the beginner's road. Whatever arises in the mind is okay, especially if you begin to exhale it and experience detachment. It's an exercise in finding your core.

The play of body, speech and mind is a core exercise.

After my second inguinal hernia surgery at the age of 70, I found an article "Do squats not kegels" and learned about pelvic floor weakness syndrome — partly caused by the modern toilet and loss of the ability to squat. Pilates was recommended to me. Pelvic floor weakness affects everything. I am at the stage of life where my core fell through the pelvic floor; now bladder and bowel issues bounce around pain in my hip and knee. I am stalled by the bureaucratic quagmire of corporate dysfunction that turns healthcare into a



KEN PARKS
Groundcover vendor No. 490

commodity in the marketplace. Another distraction from a focused breath.

The experience of clarity, no matter how brief, is testimony to the positive nature of the mind. Our tendency to fixate on thoughts, from chasing them into oblivion to avoiding them, is strong. Detachment begins with just observing the play of the mind and "letting go" of any fixation. It is so easy to get lost in our habitual patterns of stereotyping and craving. Suffering arises naturally, be it physical or mental,

and we want to stop it. To sit in good posture may hurt. The recommended full lotus is not in my range of motion. It is good to start where you are and just sit — even on a chair — and simply observe the breath. Simple is good. After 42 years as a beginner, often lost in perfectionism, I am starting over again.

It is a great blessing to ourselves and others to begin the day with gratitude for our ancestors. Offerings are good, water is life and can represent many kinds of offerings. I love offering body, speech and mind to benefit all beings without exception. My fresh start is to begin every day with whatever I can do to get started in a good way.

"Spring forward, feel your toes" is a Groundcover article I wrote in July 2021. I was beginning to learn the wisdom of the body and play with pain in a more healing manner. Pain is an important message. It is asking for a change that you may

A2P2 is working to bring real power to the people

In September 2022, the World Meteorological Organization under the direction of the United Nations compiled and released the 2022 United in Science report. It outlined the complete failure of developed nations to uphold their pledges to reduce greenhouse gas emissions.

Frighteningly, it reminded us that these failed emissions goals were not projected to reverse climate change or even stop it, but rather only to lessen global devastation. One of the notable conclusions of the report is that the ambition of emissions-reduction plans would need to be increased seven-fold to limit global warming to 1.5°C (2.7°F). In other words, our leaders have utterly failed to protect our planet and our future, and yet again, political inaction has caused the walls of climate disaster to close in on us further.

Standing up to meet this existential challenge, the City of Ann Arbor has geared up its efforts to reduce emissions and increase sustainable practices, setting an ambitious goal to achieve 100% renewable energy powering our community by 2030. In Michigan, over a quarter of our emissions comes from generating power. In fact, despite our claimed slogan of Pure Michigan, we burn coal and methane to produce the majority of our electricity. In a single year, Michigan's energy sector produces approximately 58.9 million metric tons (13 billion lbs) of the carbon dioxide equivalents that are currently warming our planet.

Here in Southeastern Michigan, our energy production is particularly dirty. We purchase our electricity from DTE Energy, a state-protected, for-profit monopoly utility. DTE's monopoly ensures that DTE decides how to produce the electricity we use to power everything from streetlights to electric vehicles to the heating and air conditioning in our homes.

So how exactly does DTE produce this power? Are they really as green as they claim to be in their advertising? According to DTE's 2021 fuel mix disclosure, 58% of DTE's electricity comes from burning coal, the energy source that emits the most greenhouse gasses.



ZACHARIAH FARAH
Ann Arbor for Public Power

Shockingly, less than 10% comes from renewable energies like wind and solar. These numbers make DTE one of the dirtiest utilities in the United States, sparking serious concerns about how Ann Arbor can transition to 100% renewables if we have no choice but to buy our power from DTE.

We know we can't count on DTE to make this ambitious transition. In October 2022, the Sierra Club released a report analyzing the energy transition plans of power utilities across the country. DTE received a failing F grade (14.6/100) for its completely inadequate climate commitments. Interestingly, the utility company with the highest grade is a public power utility in Oklahoma with a score of 99.5/100.

Public power utilities are publicly-owned entities that don't operate with the objective of generating profit for shareholders (like with DTE), but rather to provide reliable electricity for the greater good of the communities they serve. Because public power utilities are controlled by democratically elected boards, they are directly accountable to the people and businesses they serve. Overall, this accountability results in significantly better service. On average, public power utilities are cleaner, cheaper and more reliable than their private, investor-owned counterparts.

A coalition of local organizations came together in 2020 to form Ann Arbor for Public Power. We believe that the only way to decarbonize our energy grid by 2030 is to take control from DTE and bring the decision-making back to the people of our city.

Making our utility public opens up

several exciting opportunities. First, instead of paying our bills to DTE, we'd pay them directly to the public power utility. This means we'd get rid of DTE's extractive corporate structure that siphons over \$1 billion annually of our rate-payer dollars out of our grid. We'd also be able to streamline the process of installing solar panels on residential roofs, a proposal that DTE has been fighting for years because it threatens their corporate profits. Most importantly, we'd be able to decide exactly how we produce our electricity. We could invest in solar and wind power and fully eliminate our dependence on coal. All of this would be possible because we the people would elect those who control our utility.

Creating a public power utility would certainly be transformative. This process is also realistic. A2P2 has

identified the legal pathway to acquire DTE's grid and establish a municipal public power utility in its place. In fact, Ann Arbor's right to do this is enshrined in the Michigan Constitution.

To make this a reality, we need to build overwhelming support for public power in our city so that when we bring it to the ballot box we know that we will win. So far, A2P2 has been supported by thousands of hours of donated labor by volunteers across our community who believe that we must take bold climate action now.

Editor's note: Chelsea, Lansing, Marshall, Niles and Wyandotte all have public power. There are more than 40 public power communities in Michigan and over 2,000 nationwide.



Cartoon by Izzy Hedin-Urrutia

GET CONNECTED

If you are interested in helping us achieve A2P2's vision of affordable, reliable and renewable public power in the city of Ann Arbor, please sign up to volunteer and receive their newsletter on the website: AnnArborPublicPower.org

Facebook: www.facebook.com/a2publicpower
Instagram and Twitter: @a2publicpower
Youtube: @annarborpublicpower6388

The Animal Kingdom's letter to humanity regarding global warming

Good morning, Mark Robinson here reporting for Get-Cha-Mind Right Radio Alaska.

Topping the news this morning, the Global Animal Affairs Committee plans to organize animals from all over the globe to discuss and write a letter to you, humanity, about the overwhelming effects of global warming. The board members of GAAC are: Big Mike the Polar Bear, Grizzly the Grizzly Bear, Lindsay the Blue Jay, Anastasia the Great Bald Eagle, and Chippie the Chipmunk.

All five of them are childhood friends now fully grown with families of their own. One beautiful day Lindsay the Blue Jay ran into Big Mike the Polar Bear, and whispered something in his ear. Soon after a conversation ensued. The news spread like wildfire and animals were having great discussions all over the animal kingdom.

As a result, the committee decided to take action and do something about the problem of global warming. They asked all animals from all over planet Earth — the Americas, Africa, Europe and Asia, air, land and sea — to write to the committee on effects of global warming in their "neck of the woods." The committee will read all letters from the animal kingdom and then, the committee will write a final letter to humanity with all the animals' concerns.

The response was great and immediate. All letters from all the animal kingdom were read by the Global Animal Affairs Committee.

Once again good morning, this is Mark Robinson reporting for Get-Cha-Mind Right Radio Alaska. Topping morning headlines, Global Animal Affairs Committee, announces Animal Kingdom letter to Humanity, concerning global warming. I had a chance to meet and talk to committee President Big Mike (the Polar Bear). He said, "The Committee wishes to convey the terrible effects climate change has on wildlife and biodiversity and to see if the animal kingdom and mankind can work together to solve this serious issue."

"One more question, Big Mike, before I let you go. How do you see mankind reacting and responding to the letter from the Animal Kingdom?"

"I would hope mankind would receive the letter in good spirit and expect a swift response due to the serious nature of the problem. We



MIKE JONES
Groundcover vendor No. 113

only got one home, Mother Earth, let's take care of her."

"I want to say thanks to the committee and all the countless animals who took time out of their busy to-do lives, to take note and respond to the issues and the terrible effect that concerns them and their family and loved ones on the subject of climate change."

Dear Humanity

Dear Humanity and Mankind, we hope this letter is received with love and respect for our beloved Planet Earth. I, Big Mike (the Polar Bear), the president of Global Animal Affairs Committee, would like to start by saying climate change has most definitely devastated the region and surrounding areas of Alaska. GAAC is located in the wilderness of Alaska, but climate change is not just affecting this part of the Planet Earth. Global warming is pervasive. I would like to note: this letter is written by animals from all regions of the animal kingdom worldwide.

"Pervasive" (especially of an unwelcome influence or physical effect) spreading widely throughout an area or a group of people. Global warming and the heating of the Earth's surface have been observed

since the pre-industrial period due to human activity, such as land and ocean temperatures increasing, rising sea levels, loss of ice at Earth's poles and mountain glaciers. Frequent and severe change in extreme weather, drought, floods, etc. have been observed. The elements — earth, air, fire, wind and water — will become agents of harm to living creatures of Planet Earth. We must consider coming together and pooling all our resources in order to combat the problem.

Near the North Pole, the island of Greenland is warming almost twice as fast as Antarctica, which is causing the ice to melt and the rise in global sea levels. The world's oceans will rise one to four feet in a person's lifetime. One out of three species will die off if climate change continues.

Does mankind know that the beautiful Koala is in danger of being extinct? Because of the effects of climate change, heating of the Earth has made the plants the Koala eats toxic in the Eucalypt Forest. The list continues; less than 500 Bengal Tigers are left in the animal kingdom. Something has to be done to put a stop to the annihilation of millions of species in the animal kingdom.

Some animals can adapt to global warming better than others. Most species are in migration mode. Animals are moving to more comfortable climates because some species can't handle real hot temperatures or vice versa. We the animal kingdom and the whole wide world should be on code red. The evidence is too great to ignore. We humbly ask for your consideration in regards to the subject and hopefully we can work together soon to improve our beloved and dear planet and its inhabitants.



Illustration by
Cindy "Kung Fu
Panda" Gere,
Groundcover vendor
No. 279. Illustration
colored by Cam-
eron, office visitor,
age six.

What's Happening at the Ann Arbor District Library

Open 10am-8pm Daily

Hang out in any of our five locations across town, browsing books, magazines, newspapers, and more, or check out movies, CDs, art prints, musical instruments, and science tools—you name it! Study and meeting rooms, fast and free WiFi, and plenty of places to sit and hang out.

Databases at AADL

Did you know all AADL library card holders have access to databases? You can search consumer reports, genealogy, and much more! Visit AADL.org/collections/databases

AADL Shelf Service

Place your request with our Shelf Service and let AADL know the types of things you're looking for. AADL staff will fill a bag with items we think you'll like! For more information visit AADL.org/shelfservice

FEATURED EVENT



Sunday, March 5 • 1-3pm
Downtown Library

AADL is excited to host the 2023 Washtenaw County CSA Fair in-person at the Downtown Library! Visit local farmers at their information table to find out more about their CSA offerings for this year and sign up for one for yourself or your family! For more information, visit AADL.org/csafair

Homelessness — a change in disposition, a change for the best

MOHAMMED AHMED
Groundcover contributor

Homelessness creeps up on us; right now, somewhere on this planet, someone is being served with employment termination papers or they are losing their business or source of income, and their rent or mortgage is past due, with no option but eviction or foreclosure in sight.

I am going through it right now. I continue to be amazed by the boundlessness of human generosity and kindness. Here is the thing, my friend: organization is sophistication. If you are an organized person who is solution-based, you will power through it on your own with the available resources. But if you are an introvert who has social anxiety and prefers to distance yourself from social interactions, the guide below will help you.

What do you do when your husband, boyfriend, mother, landlord, grandma, girlfriend, fiancé, wife or whomever you were living with kicks you out, or somehow your circumstances change and you are homeless with no money for a hotel, no car, no friends, no family, no savings and only \$5 to your name?

1. Google and find your local homeless shelter and go. If it's winter, inquire about warming centers, warming shelters and rotating shelters, as one needs a warm place to sleep. Additionally, at your local homeless shelters you'll find a supply of clean undergarments and socks, toiletries, bus tokens and

discounted transportation cards, bicycles, free clinics, a slew of donated items ranging from food to clothing to shoes, and assistance with obtaining an ID. The best homelessness perk I ever got was a foot massage from a University of Michigan Medical School student, through the foot clinic program. God bless her, she will make one fine physician. Also Google and contact your local housing homelessness and shelter authority. I haven't been homeless in the summer yet, but except for warming and rotating shelters, the advice is the same. You might find cooling shelters in summer.

2. Join a gym. When you're homeless, your biggest battle is against time, and your main enemy is idleness; so keeping occupied and finding a warm place if it's winter or an air-conditioned place if it's summer through a gym is a triple win, and here's why: Planet Fitness is open 24 hours a day, and the YMCA is open most days of the week. The gym gives you access to a clean place to shower and store clean clothes for work and social events. In addition, working out is fun. I like to go there two or three times a day. It is also a place to meet new people, make new friends, and develop both social and economic connections and opportunities. When I had shelter, I rarely visited the gym.

3. Find gainful employment: Being homeless does not mean you have to stop working; you can continue to go to work if you have a job. Figure out which bus route is best for you;

understand the bus schedule so you know exactly how much time you need from bed to bus stop with all the intricacies in between. Google Maps has an option where you can choose your arrival time, and the application will tell you what time to start your bus trip.

In my personal experience, I have been heavily reliant on temporary employment, or "gig apps," as I call them, where businesses advertise their daily labor needs, which I can apply for and fill on the same day. Pay is either instant, daily or the day after, which keeps constant money in my pocket for me to take care of my needs as a modern man. I recommend checking out Instawork, Wonlo, Veryable, Hyer, Adia, Bacon, Gigsmart, We Work. All of these apps are awesome for making income. Secret shopper apps as well.

4. Food: eat less; be less indulgent. Recognize that food is a fuel source rather than a delicacy. Look for local food banks and pantries. Most homeless shelters provide two meals a day and religious organizations will provide free breakfast services. Certain restaurateurs in the Ann Arbor/Ypsilanti area will place unclaimed delivery orders in front of their establishments for those in need to take free of charge.

5. Physical appearance merits attention. As a general respect for society, troubles, degree of destitution or lack of comforts should not be visible in one's physical appearance. Homeless shelters often have agreements that provide a voucher to purchase needed

clothing at the local Salvation Army and/or thrift stores. A respectful appearance and a well-groomed and well-kept demeanor will get you a long way in life. I do laundry in a two-week cycle, budgeted for and organized. I also keep two colognes, use non-scented deodorants, always use lotions, and use my personal nail and grooming kit on a weekly basis. Fingernails, especially if they are long, must be kept clean. Looking good will lead to self-esteem appreciation, which will in turn make you smile, which will in turn lead to a succession of reciprocating smiles.

Homelessness helped me get rid of a lot of bad behavior, such as narcissism, greed, selfishness and close-mindedness. I've developed a general appreciation for my fellow humans regardless of their whatever, and it's beautiful.

Homelessness is a catalyst for a better you. Once you master coming out of it — whether to a lease or a title deed in your own name or to a federal housing voucher, you will be a more organized, more athletic and more economically upwardly mobile individual with more defined goals and dreams and the confidence to match and achieve them.

"Success is the progressive realization of a worthy goal or ideal." — Earl Nightingale



Ahmed recommends using gig apps like Wonlo (top right), Instawork (middle right), Veryable (right bottom) and Gigsmart (above) to find work on a day to day basis. Selling and writing for Groundcover News also offers flexible employment for people experiencing homelessness.



The Ann Arbor YMCA offers financial assistance for membership on a case-by-case basis, based on gross annual income, household size and special circumstances. They utilize Housing and Urban Development income data in Washtenaw County in order to distribute aid in a way that reflects the community. Contact nmoorehouse@annarborymca.org for more details.

“How does someone live with no companionship or love in their lives?” *Toledo Streets* vendor Joe on homelessness, mental illness and work

You may be asking yourself how the listed words in the title of this article fit together. Let me explain why I have grouped them together. The most recent count of homeless people I can find is 600 to 800 in Toledo. A good portion of them have a mental and/or physical disability. Which played a big part in their present situation. From not being able to hold a job to not being able to get a job because of a disability. Which in turn is a big factor in how homelessness starts.

I have sat down with some of the homeless people that were willing to elaborate about their life and how they got where they are. I will not be using real names as they have requested of me. Some of their stories even overwhelmed me emotionally.

As I listened, I felt the struggles and pain. It was almost too much to take in at times. Each person was unique, but somewhat the same, if that makes sense.

Jane, as we will call her, was born with Epilepsy and Tourette's. From the time she could remember her family was ashamed of her. To the point when they had company outside of family, they would lock her in her room or the basement like an unwanted animal. She remembers like it was yesterday. She was home-schooled so as not to embarrass her parents. Which makes it almost impossible to function in today's society.

When she turned 18 she was kicked out into the street with nothing but the



JOE TAYLOR
Toledo Streets vendor

clothes on her back. Without a diploma and no job or social skills, it was almost impossible to survive. She tried a variety of workplaces, from fast food to the factory. Nothing was comfortable for her. Jane faced many challenges to the point she would only last a few days at each job. The end result being no income, except what she would make panhandling. Her emotional state was very distraught and hollow while talking with me.

Despite her hesitation, Jane got help to get SSI benefits two years ago. As of six months ago she was approved. She tells me now she is so used to being homeless, she will live the rest of her life this way. I asked her if there was anything I could help with. Jane replied, "Love one another no matter what." Jane is right, so many of us are fixated on appearance and material things.

We forget to look past these things to see the true beauty of a person.

Next, I spoke with John. John is a

44-year-old man who has been in and out of prison since the age of 22. He suffers from Bipolar II. He had loving parents who did everything they could to support him. Still, he was kicked out of school non-stop, from kindergarten to senior high school.

John's parents died in a car accident when he was 25. He explained that he gave up on life after they passed. He was convicted of crimes from robbery to attempted murder. He does not receive any government assistance at this time. Since the last time he was released from prison in 2017 he has been homeless. The way he talked about his disability is "a fight in your brain." One side of his brain says yes and the other side says no. Which in his head creates confusion. "It is a war within your head that drives you to anger," he said. Every job he held ended with him assaulting customers or non-stop arguments with bosses and co-workers to the point that it became physical. He gave up trying to be a productive member of society. Some of John's everyday struggles are homelessness, hunger, loneliness, trust issues and getting into daily fights.

Now he asks for spare change or food to survive. He made it clear he prefers to be homeless. This way he doesn't have to worry about affection or dealing with people too much on a daily basis. The few times he has asked for help, he was admitted to different mental facilities, which seems to only make him madder. When I first

approached him he was very standoffish with me. I was a little distrusting of his demeanor at the time I met him.

I explained to him I just wanted to tell a story. He was kind of hesitant but decided to give me a chance. After talking with John, I felt a heaviness in my heart. How does someone live with no companionship or love in their lives? So many thoughts going through my head. I had to walk away from this story for a couple days. We take life for granted on a regular basis.

I personally suffer from seizures and Bipolar I with self-destructive tendencies. I can relate to mental and physical disabilities. It is hard to hold a job and function daily. Which is a big part of selling street papers. They help me to grow constantly. We are a very judgmental world in many ways.

I believe Lucas County, Ohio, needs more avenues for people with disabilities. More places to fit their needs in the work industry, so they can be productive in a positive way and feel somewhat normal. It is hard to function when it feels like you are destined to fail. Honestly, in my opinion, the system that is in place has failed many people. As a society we must learn to be more accepting of those with disabilities. Open your eyes to the people around us. Listen for a minute, you would be surprised by how much they have been through and are going through.

Courtesy of Toledo Streets / International Network of Street Papers

How ability affects housing equality

UNITED WAY OF WASHTENAW COUNTY

Housing insecurity is an issue that disproportionately impacts people from various marginalized groups, one of which is people with disabilities. One cannot discuss housing insecurity without bringing disability into the conversation.

The terms "unhoused" and "houselessness" were recently adopted and preferred by individuals coping with housing insecurity. Proponents of the updated terms say that houselessness does a better job capturing their situation. Home is more than the physical space. Home is composed of

community, memories and family, while the house is the actual structure that they're living without. It is estimated that 25% of people who are unhoused are people with disabilities. Although there are laws in place to protect the rights of people with disabilities, discriminatory policies and housing practices still exist.

An example of a discriminatory housing practice is when property owners and property management companies require that applicants earn three times the monthly rent in order to be considered for housing. As a result of living on a fixed income, many people with disabilities don't make enough to pay market rent rates

and are left looking for affordable, and in some cases, accessible housing without success. Often the applicants are put on waiting lists that range between six months to eighteen months.

When you add the need for accessibility to the equation, finding affordable housing is considerably more challenging. A recent report found that only 6% of homes nationwide are accessible while more than 15% of households include someone with a physical disability.

Many shelters across the country are not accessible. This leaves people with physical disabilities with unstable and unsafe housing options. The lack of

accessible and truly affordable housing around the country, coupled with attitudinal barriers, directly impacts people with disabilities. To address this situation people in positions of power need to adopt policies that prohibit discriminatory renting practices and be prepared to enforce these policies.

Everyone, including people with disabilities, should have access to safe, affordable, and accessible housing.

Originally published as part of United Way of Washtenaw County's Disability Awareness Challenge in 2022.

A memory train to Madras Masala

It was January 20. A Friday. But for the residents of Ann Arbor, it was not just a typical day. This isn't yet another report of how Madras Masala, one of the city's most well-known Indian restaurants, caught fire. This article merely aims to bid a fond farewell to Madras Masala, one of the most cherished Indian restaurants of the community by reminiscing about some pleasant experiences.

First, a brief history. According to the Ann Arbor Fire Department, the fire started in the kitchen of the restaurant Madras Masala. The students still remember the thin layer of smoke stretching Maynard Street to the Diag. This fire incident may look like just a restaurant closing, but the students believe it is the end of an era.

In addition to serving as a gathering spot for fans of Indian cuisine, Madras Masala served as a bridge between various cultural groups. On a regular weekday or weekend, you could see not just Indians, but people from different ethnicities enjoying Indian food.

Many believe it was not just about the food but also about the warmth the owner of this Indian restaurant gave its customers. Amanda, a junior at the University of Michigan, said, "I come from a white family, and I didn't have exposure to south-Asian culture while growing up. But after I came to college,



MAITHILI BANERJEE PRATTITI
U-M student contributor

I fell in love with Indian food and culture through Madras Masala. I remember that the owner addressed the female customers as 'Ma,' which meant 'mother' in Hindi and Telugu."

Madras Masala was a go-to restaurant for people of different age demographics too. When news of the fire broke, the internet was flooded with comments from many generations of people. Jackson Kim, a 79-year-old man, commented on the Ann Arbor Fire Department's post about Madras Masala, "Two of my grandsons used to go to the University of Michigan. I used to visit them every weekend and take them to Madras Masala for lunch. Although my grandkids graduated in 2016, we continued visiting that restaurant because we had many beautiful memories there."

Because of the restaurant's

long-time presence downtown, Madras Masala was not only a place to make new memories but also a place to remember ones from the past.

You can get curious about why Madras had such a diverse set of customers. Throughout the interviews that I did, I got various answers. For some people, it was the food. For others, it was the restaurant's ambiance, but the most popular one was that Madras's food was designed so that people with different dietary restrictions would have equal options to choose from. For instance, Madras served halal food, which is a diet preferable to Muslims.

Unfortunately, there are not a lot of restaurants in Ann Arbor that serve halal food, which made Madras Masala a go-to place among the Muslim community. Phoebe Sarkar, a Bangladeshi American, said, "I grew up in New York

having desi halal food, and I missed 'ghorer khabar' (home-cooked food) after I had moved to Ann Arbor for college. When I used to miss home food, I ordered food from Madras because it was halal and carried the smell of my ghorer khabar." Like Phoebe Sarkar, Madras Masala was a home away from home for thousands of people.

Madras Masala is associated with so many beautiful tales and memories, but no one was able to bid it a good farewell because it vanished without warning. The unannounced comeback of Madras Masala in Ann Arbor remains a question among the University of Michigan students and Ann Arborites. It is said, "Good things don't last for long." But as Madras was better than good to the people of Ann Arbor, it will last forever through the memories people have created in that restaurant.



Madras Masala on the afternoon of January 20, 2023.

➡ BODY from page 3

begin on your own but often requires an experienced healer. All of us have some healing power, which begins when you notice someone's pain and feel concerned. Prayer is a common request and excellent offering. If you have any experience with nutrition and massage, those are important healing skills. Remember your grandma's chicken soup and someone's hand on your shoulders to relieve the load you feel.

Applied kinesiology is an important skill which tests muscle strength to get clues about your specific issue. I first experienced it with Dr. Goodheart who my parents swore by. Google says "pseudoscience," while the Merriam Webster dictionary defines it as "a diagnostic system that uses manual testing of the functional integrity of muscles to identify illness in other parts of the body." My rebirthing healers used applied kinesiology to look at decisions made at my birth. You will test strong or weak to any statement you make like a built-in lie-detector. The body does not lie.

I met Joya d'Cruz at Crazy Wisdom during a workshop on emotional intelligence. She is a focusing-oriented therapist, mentored by Eugene Gendlin who has offered great guidance to me. Gendlin learned the wisdom of the body beginning with his father's experience of escaping fascist Austria. "How did you do that Dad?" "My body told me which customs line to get in!" Eugene was on a healing path that led to writing the book "Focusing." The act of focusing is one of the main tools of the wisdom of the body. That book will help you do that.

Many meetings are difficult for me due to my hearing disability. We had a good Article Review meeting at Groundcover News earlier this year which I could feel but not understand, so I asked Joe Woods to summarize it for me and learned that "stereotyping" was a main theme. (We are planning an article on the topic together.)

The suffering that arises from stereotyping includes the many kinds of violence we experience in this world, from war and mass shootings, to emotional and sexual abuse, racism and poverty. The Missing and Murdered Indigenous

Women movement was born to address generations of suffering that persists now. Our ability to learn needs exercise. Let's grow the wisdom of the body.

Tuning in to your own suffering helps you feel anyone's pain. Hugs are often healing for all of us.

Breathing peace is a way to start the healing process. We have mentors among us as ancestors and living persons who are experienced in pointing out the way. I was honored to meet Thich Nhat Hanh, the Vietnamese Buddhist monk who among other things organized expeditions of young people carrying humanitarian aid into the war zone to help villages hit by natural disasters. He was on tour as a guest of the Fellowship of Reconciliation when I met him. "Whatever you can do to stop the war," was his message. I was reborn in his presence and became a draft resister. He founded Plum Village in France which promotes global awareness of simple breathing.

When the student is ready the teacher will appear. The Tibetan Kagyu lineage led by the 17th Karmapa is a deep connection for me. I am

reconnecting with my Mennonite-Church of the Brethren heritage, a gift of my parents and the Shalom Community Church of Ann Arbor. Simply breathing opens the door to new experiences and relationships. Old relationships can be reborn into deeper creativity.

Explore yourself and be amazed at how deep are the obstacles that arise in life and at how well you can harness that energy as you turn to the clear light nature, the mother of the wisdom of the body.

Bethlehem United Church of Christ is turning to street wisdom from the office of Groundcover. Further, they are turning to the wisdom of the body, speech and mind in the Upper Room at 10:30 a.m. on Saturdays with a Tibetan Buddhist practice. Explore your community and grow many kinds of skillful means and wisdom. Great blessings are waiting for you. Be curious and enjoy.

My core fell through the floor and I am now untangling a bladder/bowel Gordian knot as I breathe to work with my core in a healing process. The struggle is good. Hasta la victoria siempre!

Sudoku ★★☆☆☆☆ 4puz.com

1							3	
7	4	6				2	5	1
	2						9	
9			3	7	1			8
	1		2		4		3	
4			5	9	6			2
	9						6	
8	7	5				1	2	9
2								4

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

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While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be distributed for a voluntary donation. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
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- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other

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- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

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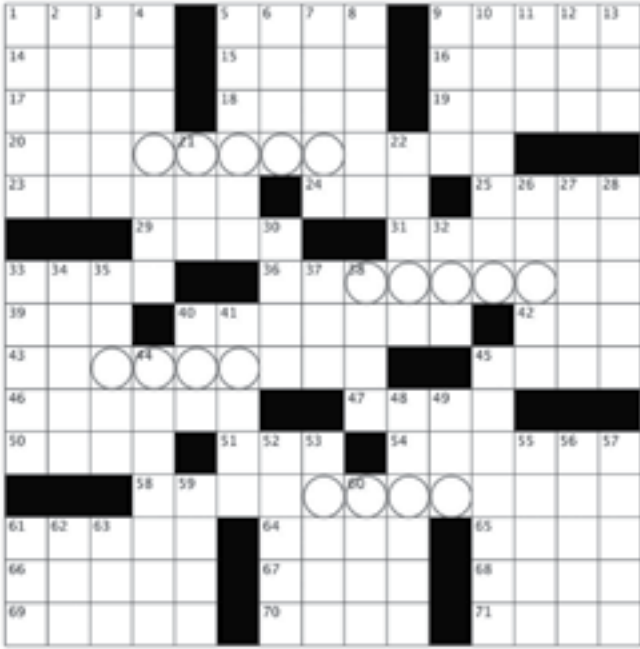
Fruit Filling Peter A. Collins

ACROSS

- Beauty brand
- Back of the neck
- On top of
- Tidy
- Alien ships, for short
- Civil rights leader John
- Cola
- Baseball Hall-of-Famer Speaker
- Detect
- Tracking device
- Hallucinogenic cactus
- Word with pot or party
- Get along
- Continuing drama
- Hairpiece
- Does lawn work
- Mars and Jupiter
- Clean-air agcy.
- Joyce, Carroll, and Oates
- Ballot marks
- Pastrami and salami
- Jane —
- Clever
- Away from the shore
- Lounge about
- Quick online notes, for short
- Veep after Pence
- Houdini, notably
- Yo-Yo strings?
- Fashion designer Christian
- Overhead lighting?
- Sweet treat, for short
- Julie's "The Princess Diaries" costar
- List-ending abbr.
- Cathedral instrument
- Private dinner?
- tag

DOWN

- Open, as toothpaste
- Sierra —
- Tasteless
- Befuddled
- Eggnog additive
- Puffy hairdo



Peter A. Collins

ACROSS

- Meaning
- Beauty brand
- To boot
- Bud holder?
- BYOB part
- Word before and after "a—"
- Grand Rapids-to-Detroit dir.
- DTW posting
- Golden Horde member
- Sticky stuff
- Holiday dinner
- "Steppenwolf" author Hermann
- Verdi work
- Walk— (bit part players)
- Finish in the top three
- Puccini production
- Dance in three-quarter time
- Giant slugger Mel
- Butte relative
- Kalamazoo sch.
- Archeologist's find
- Compassionate phrase
- Made of clay
- Stock purchase
- Bud holder?
- Word with Speaker or President
- Book part
- Gaucho's rope
- Mecca pilgrim's faith
- Took the wrong way?
- Any minute now
- Major time periods
- Corp. money honcho
- Transgress
- Jam ingredient?

MATH PUZZLES

JAN GOMBART
GROUND COVER CONTRIBUTOR

- On a table are 11 pennies. The first player picks up 1, 2, or 3 pennies. The second player picks up 1, 2 or 3, and they continue taking turns. The player who picks up the last penny loses. How does the first player win?

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Neither Do We. United Church of Christ

Sunday Worship Time

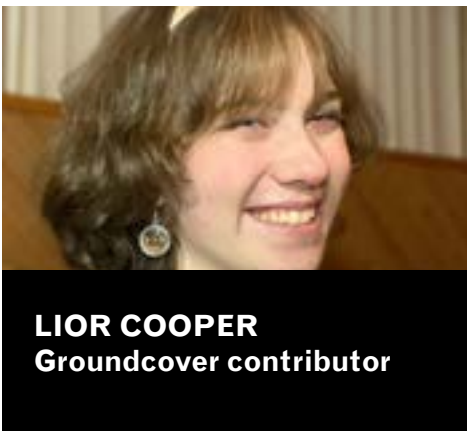
10:00 am In-person

and via Live Stream and Radio Broadcast

Slush to STEAM — the gentrification that comes with "upgrading" schools

When I was in fourth grade, the news came out that my elementary school would soon be remodeled, revamped and renamed. No longer would it just be Northside Elementary; now, it was Ann Arbor STEAM at Northside. Even as a 10-year-old I could objectively see why they were doing this kind of upgrade: the administration was a mess, there were more unused classrooms than used ones because there were 188 kids stretched among the six grades taught there. VHS tapes were still the most common form of media at our school in 2014.

Despite the fact that these new upgrades appeared good, there was something deep down that made me feel like something wasn't right about the way in which they were making all these changes. As time marched on, the school became more and more unrecognizable from what it used to be, more and more different from how I remembered it. And no, I'm not talking about the multi-million dollar new gym, or the iPads guaranteed to every STEAM student, or even the massive blue squares they used for the exteriors of the building additions; those were the changes that were paraded around at countless celebrations of the completion of the "new" school. Those aren't



LIOR COOPER
Groundcover contributor

the differences I'm talking about. It started in 5th grade. We had retained most of our original Northside cohort going into that school year, the first year of the STEAM experiment, but our grade had nearly doubled in size from the sheer number of new students coming to the school. Our whole school experienced a population boom: our school of 188 students suddenly grew to 401. This sudden jump in population also meant a steep demographic shift within both my cohort and my school as a whole. Within a single year, Northside went from being a school where 51% of the students were economically disadvantaged in the 2013-14 school year, to a school where that percentage was 25%

in the 2014-2015 school year. My grade went from having exactly half of us being considered economically disadvantaged to only 34%. This trend hasn't changed since that first year of the new school, either: In the 2021-2022 school year, 16% of the student body as a whole were considered economically disadvantaged. This change was not because the economic situations of the families already at Northside were suddenly improved; This was because new families — richer families — were becoming a part of the now "new-and-improved" STEAM community. Families that had been going to Northside for possibly generations — the school had been around for around eighty years at that point — felt sidelined by the district and "progress-at-all-costs" mentality when it came to changes with the school.

Before becoming STEAM, Northside was a Title 1 school, meaning at least 40% of its student body is considered low income. With that Title 1 status comes funding targeted towards helping the families of these economically disadvantaged students. Even with its flaws, Northside used its Title 1 money to really help ensure students were on grade level, even if they left students who were above grade level (like me,

for instance) with nothing to do but read since we already understood the material being taught. Post-STEAM transformation, the school was no longer a Title 1 school, but it's not like STEAM really needed the funding. They used their sudden influx of money from the district to help push above-grade-level students to go as far in their academic journey as they could go, meaning a number of my peers ended up entering high school ready to take calculus. On the other hand, they gave nearly no funding to helping students who were below grade level, who are often those same kids who are considered "economically disadvantaged."

The sudden drop in how many low-income kids there are at this one school, as well as the demoralizing lack of academic support they receive, speaks truth to the gentrification that has been taking place all over Ann Arbor for decades. You cannot revamp, remodel, and rename without ensuring that everyone impacted by that change can be properly and equitably supported. With each year that the issues I outlined with STEAM go ignored, more and more kids run the risk of being academically and socially left behind by this enigma of a school.

Washtenaw County Food Pantries

Ann Arbor

MAIZE AND BLUE CUPBOARD

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Ann Arbor, MI 48109

Sunday 2-6 p.m.
Monday 3-7 p.m.
Tuesday 3-7 p.m.
Wednesday 12-7 p.m.
Thursday 3-7 p.m.
Friday 3-7 p.m.

Must provide M-Card to enter

BACK DOOR PANTRY

2309 Packard St
Ann Arbor

Thursday 4 p.m. – 7 p.m.

SALVATION ARMY

100 Arbana Dr.
Ann Arbor

Tuesday and Thursday 10 a.m. – 11:45 a.m. and 1 p.m. – 3 p.m.

CATHOLIC SOCIAL SERVICES

815 Taylor

Tuesdays: 2 - 5 p.m.
Thursdays: 10 a.m. - 2:30 p.m.

JEWISH FAMILY SERVICES

5200 Venture

Thursday 11 a.m. – 4 p.m.
11 a.m. – 1 p.m. = Last names beginning with A-M
2-4 p.m. = Last names beginning with N-Z

COMMUNITY ACTION NETWORK

3 West Eden Ct.

Monday, Tuesday, Wednesday and Thursday 10 a.m. – 3 p.m.
Fridays 10 a.m. – 2 p.m.

Ypsilanti

HOPE CLINIC

518 Harriet St.

Available Pantry
Appointment Times
Tuesday - 12:30 -2:30 p.m.
Wednesday - 4-6 p.m.
Friday- 9:30 -11:30 p.m.
Saturday -10-11:30 p.m.

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Thursday: 12:30 p.m. - 3 p.m.
Saturday: 11 a.m. - 12:30 p.m.

CHRISTIAN LOVE FELLOWSHIP CHURCH

1601 Stamford

Fourth Saturday of every month 10:30 a.m. – 12 p.m.

SOS COMMUNITY SERVICES

114 North River St.

Tuesday 1 – 6:30 p.m.
Wednesday 9 a.m. – 1 p.m.

EMU SWOOPS PANTRY

104 Pierce Hall

Monday and Thursday 12-5 p.m.
Wednesday 12 – 6:30 p.m.

24/7 WALK-UP PANTRIES

Solidarity Pantry
169 N Washington St

Peace House Ypsi
706 Davis

This is not a complete list. If you need additional food resources, Food Gatherers has an interactive map of area pantries and programs on their website www.foodgatherers.org/foodresources/map/

untitled billy hill writer the phrase the good shepherd is an interesting one. the reason being, is that people throughout time have always trusted the notion that there is a greater order to things. so the phrase, "the good shepherd " is one we avoid a deep thinking upon. case in point: a shepherd, being a human who rears sheep so their wool and milk and flesh and offspring can be sold as profit, just to line the shepherd's pockets. the dilemma becomes obvious. the irony being; the wild mountain goats, that roam the countryside freely, feeding themselves, coming & going as need be, able to bathe and sleep where mother nature intended. those lone billy goats who are ostrichized for not giving in with the herd, who just execute their collector's plan. the

personal freedom exemplified and by virtue of the truth of who we are, secretly the sheep know there is purpose in the goat's musings. though scapegoated, to put the focus on such issues, our ideal shepherd, the wild mountain goat who from the vantage points of view from the peaks above can perceive all the workings of the world below at the same time, in their own proper context, which the folks in the moment, who have their faces buried in their toil, and farming, for example, are too engrossed in to notice. the natural ability to adapt to circumstances and in still natural order through presence, is a great instructor and powerful ally. clearly the problem lies not with the free goats reminder of the folks mis_taken trust in wolves in shepherd's form, rather

the problem is of the sheep being bred into slavery. if any of these sheep were allowed, to thrive and flourish for the first time in their existence, a certain residence of the truth would be unleashed from within the deep being of our fortunate pasture dweller, the other sheep would instantly pick up on, and notice intuitively. sooner than later the cat would have been discovered to have already discarded the bag long ago, still. the reason a lot of people do not always find freedom, and satisfaction in self expression, relates directly with our desire to fit in as a self-preserving technique. the control of fear exercised dis-allows further inquiries that could lead to insight and clarity that allows self mastery. through self-honesty and responsibility, a sign of someone mature enough

to deal with things as they are, and to co-create their own reality, actually. a lot of unplanned and unexpected pregnancies could be avoided if people were empowered to handle and own their own energies and life force in a healthy honest way. encouraging others to step into their values and live from a purpose driven place in one's self, enables us to take the wheel in our own lives. to become and stay our own counsel, to guide our own course as, the same stuff as the universe, that courses through every cell of our bodies of which our bodies are composed of, in all existence, ushers us onward upon our own path. to accept responsibility with this, is why progress occurs. left to our own devices, in our natural conditions we thrive as ourselves.

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Chicken enchilada soup

MAYA STROHBAND
Groundcover contributor

This simple soup takes approximately 15 minutes to prepare and is a wonderful dinner during the colder months. This delicious meal uses ingredients found in most pantries and, with its quick prep time, is sure to become a staple in any kitchen! Serves about four.

Ingredients:

1 rotisserie chicken (ideally shredded but can be roughly chopped)
4 cups chicken stock
14 oz canned tomatoes
14 oz canned sweet corn
19 oz canned red enchilada sauce
Optional garnishes (lime wedges, cilantro, sour cream, tortilla chips or shredded cheddar cheese)



Directions:

Add all ingredients to a pot and bring to a boil. Simmer for 15 minutes, stirring occasionally. Add your choice of garnish — lime wedges, cilantro, sour cream, tortilla chips or shredded cheddar cheese all go well with the soup. Add hot sauce for an extra kick!

PUZZLE SOLUTIONS

1	8	9	6	2	5	4	7	3
7	4	6	9	3	8	2	5	1
5	2	3	1	4	7	8	9	6
9	5	2	3	7	1	6	4	8
6	1	7	2	8	4	9	3	5
4	3	8	5	9	6	7	1	2
3	9	4	8	1	2	5	6	7
8	7	5	4	6	3	1	2	9
2	6	1	7	5	9	3	8	4

U	L	T	A	N	A	P	E	A	B	O	V	E
N	E	A	T	U	F	O	S	L	E	W	I	S
C	O	C	A	T	R	I	S	S	E	N	S	E
A	N	K	L	E	M	O	N	I	T	O	R	
P	E	Y	O	T	E	T	E	A	M	E	S	H
S	A	G	A	T	O	U	P	E	E			
M	O	W	S	R	O	M	A	N	G	O	D	S
E	P	A	W	R	I	T	E	R	S	X	E	S
D	E	L	I	M	E	A	T	S	E	Y	R	E
A	R	T	F	U	L	A	S	E	A			
L	A	Z	E	I	M	S	H	A	R	R	I	S
E	S	C	A	P	E	A	R	T	I	S	T	
C	E	L	L	O	D	I	O	R	H	A	L	O
F	R	O	Y	O	A	N	N	E	E	T	A	L
O	R	G	A	N	M	E	S	S	N	A	M	E

Math puzzle solutions:

1. Work backwards. You want to leave one penny on the table to win. The play before, 5 is the number to leave. He picks up 1, 2, or 3 and you pick up 3, 2 or 1 to leave 1. To get to 5, you should leave him 9. So, on the first play, pick up 2.

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— Christ Jesus (John 8:42)

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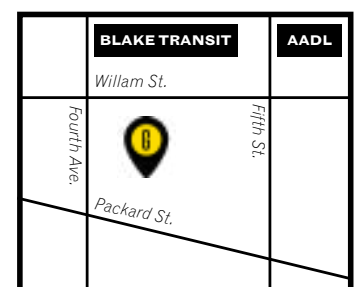


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